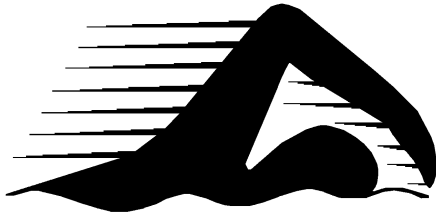
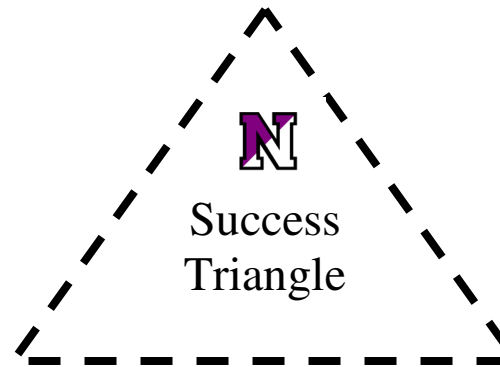


NORTHERN SWIMMING & DIVING



ATHLETE

- Treat everyone with Respect & Dignity
- Trust and openly support your High School Coaches
 - Demonstrate increasing maturity & responsibility
 - Maintain your academic eligibility
 - Do what your parents/guardians ask you to do
 - Make sure you're resting, recovering & eating properly
- Practice with a purpose, performing each workout as instructed
 - Don't engage in behavior that puts you at risk
 - Remember the needs of the team come first
- Understand, and appreciate, how hard the other members of the Success Triangle are working.



COACH

- Treat everyone with Respect & Dignity
 - Set clear expectations of everyone
 - Communicate effectively and often
- Help insure each athlete is academically eligible
- Help athletes develop a good, positive character
- Stay current on the latest training methods and techniques
- Provide challenging workouts that optimize each athlete's competitive performance
 - Provide training designed to prevent injury
- Look out for the success & well-being of each individual athlete AND the entire team at the same time
 - Serve as a good role model
- Understand, and appreciate, how hard the other members of the Success Triangle are working

PARENT/GUARDIAN

- Treat everyone with Respect & Dignity
- Trust and openly support the High School Coaches
 - Always clearly put academics first before athletics
 - Recognize the value of character development
- Make sure your athlete is resting, recovering and eating properly
- Avoid putting pressure on your child to be the star of the team
 - Contribute to, and support, the Booster Club
 - Follow the chain of command when you have a concern
- Understand, and remember, that the goals of the team and the program are more important than the hopes and dreams you may have for your child
 - Help your child become an independent young adult
- Understand, and appreciate, how hard the other members of the Success Triangle are working